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Arts and Crafts

Most art classes require additional supplies or a materials fee. Supply lists for individual classes are available online at www.washoecommunityed.org.



Crafts

Blacksmithing for Art I **[HOT!]**

Explore this historic craft. Use traditional and modern blacksmithing tools to turn metal into works of art. Discover the function of hand tools, plasma cutting, oxy acetylene welding, wire-feed welding, forges and anvils. \$65 materials fee

1/22-3/12 T 6:30 - 8:30 p.m.
Stokes
Sparks High Metal Shop \$200

Why take art?

Learning art teaches you "to see better, to persist, to be playful, to learn from your mistakes and to make critical judgments," according to Studio Thinking: The Real Benefits of Visual Arts Education.

Blacksmithing for Art II

Strengthen your blacksmithing skills while exploring a variety of techniques like piercing, tooling, using a striker, upsetting, slitting and punching. Increase your knowledge of tools and design. \$65 materials fee

3/19-4/30 T 6:30 - 8:30 p.m.
Stokes
Sparks High Metal Shop \$200

Basic Leather Stamping and Tooling

Learn the art of hand stamped, hand tooled leather from a working cowboy and rancher. Expand your creativity by working on individual projects ranging from coasters to placemats.

1/28-2/2 M 7 - 8 p.m.
S 9:30 a.m. - 4:30 p.m.

Myers
TMCC Meadowood Center S103 \$69

Pottery on the Wheel

Transform raw clay into a functional piece of pottery. Learn how to prepare clay as well as the techniques of center and throw, pinch, slab and coil. Experiment with different glazing and firing methods. \$50 materials fee

2/5-2/26 T 5:30 - 7:30 p.m.
3/5-3/26 T 5:30 - 7:30 p.m.

Gandolfo
Reno High School IA 4 \$99

Tile Mosaics

Make beautiful hand-crafted gifts or your own unique treasures. Use broken pottery and tile to create fabulous works of art. \$40 materials fee

2/8-2/9 F 5:30 - 7:30 p.m.
S 10 a.m. - 2 p.m.
3/15-3/16 F 5:30 - 7:30 p.m.
S 10 a.m. - 2 p.m.

Gandolfo
Reno High School IA 4 \$79

Enameling **[NEW!]**

If you've ever wanted to try enameling, don't be intimidated. It's very easy to get started and you get satisfying results right away. With endless enameling techniques to try, you'll never run out of ideas. \$30 materials fee

1/30-1/31 W,TH 5:30 - 8:30 p.m.
Salvagione
Kadam Studio \$75

Enameling with Decals **[NEW!]**

Expand your enameling techniques by using decals. Prerequisite: Enameling introductory class from Kadam Studio. \$35 materials fee

2/20-2/21 W,TH 5:30 - 8:30 p.m.
Salvagione
Kadam Studio \$75

Enameling Using Etching and Lusters **[NEW!]**

Continue your enameling experience by learning how to etch copper and also create an enameled piece using lusters. Prerequisite: Enameling introductory class from Kadam Studio. \$25 materials fee

3/20-3/21 W,TH 5:30 - 8:30 p.m.
Salvagione
Kadam Studio \$75

Enameled Bowls **NEW!**

Learn how to enamel copper in the shape of bowls. Prerequisite: Enameling introductory class from Kadam Studio. \$35 materials fee

4/24-4/25 W,TH 5:30 - 8:30 p.m.
Salvagione
Kadam Studio \$75

Handmade Greeting Cards and Gift Boxes

Create three unique cards and three gift boxes for the special people in your life. Experiment with cutting, stamping, embossing, folding and embellishing techniques. Collaborate with the instructor for design tips and detail work. All materials are included. \$15 materials fee

2/5-2/19 T 6 - 8 p.m.
Fascio
Swope Middle School E-2 \$59

Recycled Telephone Wire Baskets **NEW!**

Learn the art of wire basket making by recycling and repurposing telephone wire. Create two beautiful bowl-shaped baskets. \$25 materials fee

2/13-2/27 W 5:30 - 8 p.m.
Salvagione
Kadam Studio \$75

Jewelry: Wire-wrap Stones

Create something new, exciting and one of a kind as you learn various wrapping techniques using your favorite polished stones. Individual expression is encouraged and beginners are welcome. \$45 materials fee

1/24 TH 9 a.m. - 12 p.m.
3/2 S 9 a.m. - 12 p.m.
Shaw
TMCC Meadowood Center S103 \$45

Courtly Beaded Bracelet **NEW!**

Make this lovely bracelet using Swarovski pearls and crystals with Czech firepolished beads. You will also make your own clasp. \$25 materials fee

3/5-3/6 T,W 6 - 8 p.m.
Coffey
Shaw Middle School 202 \$30

Glass Art**Stained Glass-An Introduction** **HOT!**

Create stunning stained glass art using the Tiffany copper foil method. Gain glass cutting, foiling and soldering skill experience. \$25 materials fee

4/6-4/13 S 1 - 4:30 p.m.
Hutchison
Kadam Studio \$75

Glass Fusion: Introduction

Experience the beauty and fun of creating glass art through basic fusing, design, glass cutting, grinding and fixing techniques. Afterward, you will look forward to showing off the wonderful art you've crafted. \$40 materials fee

1/25-1/26 F 5:30 - 8 p.m.
S 8 - 10:30 a.m.
Salvagione
Kadam Studio \$75

*Watch this video on our
glass fusion classes!*

**Glass Fusion: Double Fusion**

Learn more advanced ways to use sheet glass, confetti and other non-sheet glass products. You will be making two plates. Prerequisite: Introduction to Glass Fusion from Kadam Studio. \$45 materials fee

2/8-2/9 F 5:30 - 8 p.m.
S 8 - 10:30 a.m.
Salvagione
Kadam Studio \$75

Glass Fusion: Jewelry Making

Take what you've learned from the Intro class and create unique glass jewelry. Prerequisite: Glass Fusion from Kadam Studio. \$45 materials fee

3/1-3/2 F 5:30 - 8 p.m.
S 8 - 10:30 a.m.
Salvagione
Kadam Studio \$75

Glass Fusion: Recycled Glass

Take what you've learned from the Intro class and repurpose glass into bowls, coasters or cheese boards. Prerequisite: Glass Fusion from Kadam Studio. \$30 materials fee

3/22-3/23 F 5:30 - 8 p.m.
S 8 - 10:30 a.m.
Salvagione
Kadam Studio \$75

Glass Fusion: Advanced Fusion

Learn advanced techniques of glass fusion. Class project to be determined. Prerequisite: Glass Fusion from Kadam Studio. \$45 materials fee

4/5-4/6 F 5:30 - 8 p.m.
S 8 - 10:30 a.m.
Salvagione
Kadam Studio \$75

Week-long Fused Glass Camp

Come enjoy a week of glass fusion. We will be doing a variety of projects. If there is something special you'd like to make that week, send the instructor an email. Prerequisite: Glass Fusion from Kadam Studio. \$110 materials fee

4/14-4/20 S,SU 9 a.m. - 5 p.m.
M-F 5:30 - 8:30 p.m.
Salvagione
Kadam Studio \$275

Textiles

Crochet for Beginners

Discover this practical, relaxing craft. Learn how to start a project, read basic patterns and common finishing techniques. In addition, learn the chain stitch as well as single and double crochet. Be able to differentiate between stitch and space, and how to hold your crochet hook. You'll complete several projects by the time you've finished this class.

3/14-4/4 TH 6 - 8 p.m.
Foote
Dilworth Middle School E7 \$54

Crochet Intermediate: Mile-A-Minute

We will be learning how fun and quick the Mile-A-Minute style of crochet can be. New stitches include half treble and front post single. Quickly creating strips to be assembled will allow for fun patterns, opening the imagination for this style of crochet.

4/18-5/9 TH 6 - 8 p.m.
Foote
Dilworth Middle School E7 \$54

"This definitely improved my skill level and knowledge. The instructor took the time to provide individual training."

—Gail S., crochet student

Sewing I

Learn how to use basic sewing techniques, understand patterns and how to cut fabric. Bring your sewing machine to class and know its basic operations. Materials required.

1/23-3/27 W 6:30 - 9:30 p.m.
Pelham
TMCC Meadowood Center S103 \$149

Sewing II: Costume Making **NEW!**

Rev up your advanced sewing skills and create your own Halloween, Renaissance or Burning Man costume. Learn color and fabric schemes and how to read patterns, then create your own project from the pattern you made. You'll be sewing like a real fashion designer as you complete your project and join in a fashion show. Materials required.

1/22-3/26 T 6:30 - 8 p.m.
Valdovinos
TMCC Meadowood Center S103 \$99

Drawing and Painting

Drawing I

Improve your drawing skills and learn about proportion, shading, value, negative shapes, basic perspective, and the tools which help you create realistic drawings. Students will use graphite, pencils and ink pens. Materials required.

3/4-4/1 M 1 - 4 p.m.
Woodard
TMCC Meadowood Center S103 \$119

Drawing II

Add dimension and realism to your drawings with shading techniques, accurate values and proportions, perspective and composition knowledge. In addition, explore the use of pen and ink, charcoal and graphite techniques. Drawing I is suggested as a prerequisite to this class, though not required. Materials required.

4/8-5/6 M 1 - 4 p.m.
Woodard
TMCC Meadowood Center S103 \$119

"Patti is an excellent instructor! Works well with all levels of expertise, is encouraging as well as offering practical, kind critiques." — Drawing II student

Pen and Ink Drawing

In this hands-on class, learn techniques to help make your pen and ink drawings come to life. Discover how to create tones and dimensions in your drawings by using value and crosshatching.

3/16-4/20 S 1 - 4 p.m.
Holland
TMCC Meadowood Center S103 \$125

Calligraphy **HOT!**

Develop your own distinctive style by creating beautiful free-flowing letters. Explore the exciting ways you can use your newfound talent for scrapbooking, wedding and party invitations, specialty items and much more. Your multi award winning instructor will show you how rewarding it is to learn this graceful artistry. Materials required.

4/3-4/24 W 6 - 7:30 p.m.
Foldvary-Anderson
TMCC Meadowood Center 300 \$59

Paint Like Bob Ross **NEW!**

Learn the basics of the Bob Ross method of oil painting without all the expense and time of finding and buying your supplies. Be amazed at how easy it is to use brushes, palettes, thinner, and how to apply brush strokes, direction and application to the canvas. Finish a painting using wet-on-wet painting technique. \$45 materials fee

Seascapes
2/9 S 1 - 5 p.m.
Burkhart
TMCC Meadowood Center S103 \$49

Florals
3/9 S 1 - 5 p.m.
Burkhart
TMCC Meadowood Center S103 \$49

Oil Painting Landscapes

Using the Bob Ross Technique **HOT!**

Discover fun and relaxing oil painting techniques to create beautiful, realistic landscapes. Practice painting techniques used by Bob Ross to create one landscape painting per class session. Find out about paints, brushes, wet-on-wet technique, color mixing and more. \$20 materials fee and materials required.

1/17-1/31 TH 5:30 - 8:30 p.m.
Burkhart
TMCC Meadowood Center S103 \$99

Painting Seascapes Using the Bob Ross Technique

Use Bob Ross' legacy and oil painting technique to create beautiful canvases of oceans, beaches, lighthouses, rowboats, waves, stormy skies and rocky shores. Master the ability to blend colors on canvas and properly use Ross' painting supplies and brush strokes. \$20 materials fee and materials required.

2/14-2/28 TH 5:30 - 8:30 p.m.
Burkhart
TMCC Meadowood Center S103 \$99

Bob Ross Technique for Oil Painting Flowers

Learn to paint realistic flowers in a short amount of time. Find out the proper use of paints, color mixing and depth perception while creating a beautiful oil painting during each class. \$20 materials fee and materials required.

3/14-3/28 TH 5:30 - 8:30 p.m.
Burkhart
TMCC Meadowood Center S103 \$99

Beginning Techniques with Soft Pastels

Embrace the advantages of painting with pure color pigments. The most permanent of the paint mediums, pastels have hundreds of colors to choose from. The sticks are easy to travel with and have a tactile quality that allows them to be combined with other paints. Discover how to crosshatch, hatch, feather, gradate, stipple, make expressive linear strokes and more. Materials required.

2/4-2/11 M 1 - 4 p.m.
Woodard
TMCC Meadowood Center S103 \$49

Winter Watercolor Flowers **NEW!**

Say more with flowers. Strengthen the emotional impact of your floral watercolor paintings by working with line, shape, color, value and texture. Learn to integrate backgrounds with seasonal flowers so your painting matches your artistic vision. Materials required.

1/11-1/12 F,S 9 a.m. - 4 p.m.
Aubrey
TMCC Meadowood Center S103 \$99

Watercolor Techniques I **HOT!**

Enjoy personalized step-by-step instruction while learning practical watercolor techniques. Build a strong foundation of both traditional and unconventional techniques, while gaining a deep understanding of color study, value relations, compositions and more to create luminous paintings. Materials required.

2/5-2/26 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$119

Watercolor Techniques II

Discover your own painting style while learning more exciting and versatile possibilities of watercolor painting. Control the amount of water on your brush and paper as you create your painting. Explore wet-into-wet, dry brushing, color changes, values, glazing, lost and found edges and negative painting techniques while moving closer to achieving your personal artistic goals. Materials required.

3/5-3/26 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$119

Painting the Sierra in Watercolor

Capture the essence of our splendid Sierra and advance your artistic abilities at the same time. Practice techniques to paint the components of a mountain landscape such as forests, peaks, snow patterns, lakes, reflections and more. Receive the one-on-one attention that you need to grow your talents. Materials required.

4/3-4/24 W 6 - 9 p.m.
Mueller
TMCC Meadowood Center S103 \$99

Spring Watercolor Flowers

Discover easy techniques to painting fresh, luminous spring flowers. Work with glazing, wet-into-wet, dry brushing, negative painting, lost and found edges and other tricks unique to this medium. Learn to use color theory, composition and design to make your florals shine. Materials required.

4/30-5/21 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$119

Landscapes in Watercolor

Find out how easy it is to create a landscape with depth, whether it is trees, rocks or mountains, when you approach it on a step-by-step basis. In addition, make your artwork shine by gaining a better understanding of value and design. To be prepared for this class, have a basic knowledge of watercolor techniques.

4/2-4/23 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$119

Make Art Your Business

Take your art to the next level by making it your business. Learn alternate ways to present yourself as an artist and discover excellent resources for marketing and promotion of your arts company. The instructor, a multi award winning designer, is happy to share her knowledge with you.

3/14-3/28 TH 6 - 7:30 p.m.
Foldvary-Anderson
TMCC Meadowood Center 300 \$59

Beauty and Wellness



Couples Massage **[HOT!]**

A fun class for couples. Indulge in the basics of Swedish massage and aromatherapy. Partners will learn and practice techniques and prepare massage oil that can easily be created at home. A relaxing way to celebrate life. Wear your swimsuit and comfortable clothes. Price covers two individuals. Must have a partner. \$5 materials fee

2/9 S 9 a.m. - 2 p.m.
Anderson
TMCC Meadowood Center 217 \$79

Bio Energy Shaking Meditation

Revitalize your body, mind and spirit by practicing this ancient healing tradition. Awaken your untapped dormant energy to burn away your negative blocks. While listening to music, stand and shake to encourage the flow of kundalini.

1/9-2/27 W 6:30 - 7:45 p.m.
Rizzoli
Swope Middle School MPR \$49

Emotional Freedom Techniques and Stress Reduction

Discover and practice the emotional freedom techniques that have been taught worldwide and can be used as a way to relieve emotional and physical blockages that may be expressed as stress, imbalance, and illness. You will learn specific tapping points of the body that act as acupressure and clear blockages and how to compliment yourself through affirmative statements. \$5 materials fee

3/5 T 6 - 9 p.m.
Conner
TMCC Meadowood Center 300 \$49

Meditation

If a health professional suggested meditation or if you need to create peaceful space in a busy schedule, this is the class for you. A number of techniques will be presented so you may select a meditation style which best fits your personal needs.

2/25-3/18 M 6 - 8 p.m.
Anderson
TMCC Meadowood Center S308 \$79

Dementia & Aging: The Basics

Longevity is terrific, provided we maintain adequate mental and physical health. Understand the nutrition, medication and psychosocial challenges that affect seniors as well as caregivers. Discuss the mixed blessings of aging and its cognitive consequences. Take control of your health, maintain independence and improve your quality of life.

3/9 S 9 a.m. - 12 p.m.
Rubin, MD
TMCC Meadowood Center \$20

"The more we can prepare ourselves, the knowledge of what to do and not to do, the better we can increase the quality of our lives." -Penny F., Dementia and Aging: The Basics student

Makeup Made Easy **[HOT!]**

Discover your makeup and fashion personality and how it influences the choices you make. Learn how to update your look with correct color choices. See live demonstrations for day, evening and special occasion makeup application. You will learn makeup tricks and how to use brushes and makeup tools more effectively.

4/18 TH 5:30 - 7:30 p.m.
Lopez
Treslimage Salon \$35

Computers for Home Use

For professional computer courses, see pages A-C.

Computer Basics from Hardware to the Internet

Get the most out of your first computer experience by becoming comfortable with this amazing tool. Learn the lingo while using a computer by exploring Windows, typing a letter and drawing a simple picture with a mouse. \$5 materials fee

1/31-2/7 TH 2:30 - 5:30 p.m.
Gage
Mendive Middle School Library \$99

Microsoft

Windows 7 FUNDamentals

Immerse yourself in all the fun things without getting bogged down in a bunch of technological babble. Discover quick tips for getting around, where to put your stuff and how to easily find it, smarter ways to shop online, share photos and more. If you ever thought that computer classes were too boring or technical, this is the class for you.

1/30-2/6 W 6 - 9 p.m.
Gage
TMCC Meadowood Center S115 \$69

Word 2010 Basics

Master this Microsoft word processing program. Explore the ribbon, tabs, groups and commands, move text, spruce up your work with fonts and colors, among other tasks. Once you complete this class, you will know how to use bullets and numbers for lists and create envelopes and mailing labels. \$5 materials fee

2/14-2/21 TH 2:30 - 5:30 p.m.
Gage
Mendive Middle School Library \$99

"So good! It makes me feel so confident and it's so much fun to use the tools she has given us." - Jo W., Word student

Excel 2010 Basics

Discover tricks to help you use this tool more effectively. Identify and become comfortable with screen components, ribbon, tabs, groups and commands. Discover how to use the four mouse pointers, right-click shortcut menus, and create totals, minimums, averages and percentages. Build a spreadsheet, modify data and refine it with easy formatting. \$5 materials fee

2/28-3/7 TH 2:30 - 5:30 p.m.
Gage
Mendive Middle School Library \$99

PowerPoint 2010 Basics

Microsoft PowerPoint can be used for anything from professional presentations and training seminars to wedding and birthday parties and everything in between. In this hands-on six-hour class, you'll learn how to create dynamic, high-impact presentations using PowerPoint. You'll also explore screen components, learn how to type the content of your slide show, and learn how to add to that content with PowerPoint's many themes, graphics, charts, and even animation and sound. PowerPoint makes sharing slides between files easy, and the new publish choices give you control over what is hidden and what shows, as well as who can make changes to your file. \$5 materials fee

3/14-3/28 TH 2:30 - 5:30 p.m.
Gage
Mendive Middle School Library \$99

Digital Photo Software

Photoshop Elements Basics

Release the images held captive inside your camera and jazz them up to create eye-popping photos. Learn how to use the wide array of features of Adobe Photoshop Elements, a mid-range photo editing software. Find out how easy it is to use this software, even if you have no image editing experience.

3/13-3/27 W 6 - 9 p.m.
Gage
TMCC Meadowood Center S115 \$99

Digital Photo Editing for Beginners

Spruce up your photos and better preserve your memories. Have fun learning essentials such as how to adjust color and light, fix red-eye, crop, straighten, create a panoramic photo and even an airbrush-like technique. Class uses free Windows Live software that you can install at home.

2/13 W 6 - 9 p.m.
Gage
TMCC Meadowood Center S115 \$39

Digital Camera and Your Computer

Learn how to copy your pictures from your camera to your computer, flash drive or burn a CD. Use Windows Explorer to create folders on your computer to keep your photos organized. Learn how to enjoy your photos as a computer slide show and add your photos to a Word document or e-mail them to friends and family.

3/30 S 8:30 - 3:30 p.m.
Gage
TMCC Meadowood Center S115 \$99

4/25-5/2 TH 2:30 - 5:30 p.m.
Gage
Mendive Middle School Library \$99

Cultures and Religions

Judaism 101

Gain insight into Judaism and the history of Jewish people by engaging in an open dialog. Explore denominations and their differences, holidays and rituals, and how Judaism differs from Christianity.

2/5-2/26 T 6:30 - 8:30 p.m.
Beyer
TMCC Meadowood Center 300 \$79

World Religions

Better understand our world by delving into 12 classical religions. Guest speakers will shed light into the beliefs of Christianity, Islam, Hinduism, Buddhism, Sikhism, Judaism, Confucianism, Taoism and more. Compare different faith traditions and discuss atheism.

2/26-3/26 T 6 - 9 p.m.
Zed
TMCC Meadowood Center S324 \$169

Why take cultural classes?

Northwestern's Adam Galinsky showed that studying another culture can help increase creativity. In Galinsky's lab, people were more creative after watching a slide show about China: a 45-minute session increased creativity scores for a week.

Tibetan Buddhism **HOT!**

Delve into the philosophies behind Tibetan Buddhism. Expand your knowledge about Buddhism and dispel the common misperceptions about this religion. Learn about many of the core beliefs of Buddhism including karma, future lives and meditation.

4/3-4/17 W 6 - 8 p.m.
Class
TMCC Meadowood Center S315 \$59

A Taste of Kabbalah: Jewish Mysticism

Discover Kabbalah, the bridge between heaven and earth, while engaging in meditation, self-reflection and prayer. Color your world view and spark your passion to learn about the practices of Kabbalah. Become a more enlightened person and elevate your soul through Kabbalist teachings.

4/9-4/30 T 6:30 - 8:30 p.m.
Beyer
TMCC Meadowood Center 300 \$79

"She is smart, funny, interesting and a fantastic teacher. I thought it was great. I've had an interest in this class for a long time and so glad I took this course!"

—Michelle R., Kabbalah student

Dance



Hoop Dance **[HOT!]**

Relive your childhood, relieve stress and laugh while taking this incredibly fun class led by a certified hoop dance instructor. Move in all directions while you learn the fundamentals of hooping on the waist. Explore transitions on and off the body, change planes of rotations and add flair with tricks. Increase your body awareness and coordination through techniques that build cardiovascular endurance, strength and flexibility. Find the flow as you integrate skills with seamless transitions.

1/8-2/26 T 6:30 - 7:45 p.m.

Rizzoli

Caughlin Ranch Elementary MPR \$89

Social Dance Mix

Dance well in any social setting after taking this class. Regardless of your dance experience, enjoy learning the cha-cha, nightclub two-step, West Coast swing and country two-step. Singles are welcome. You will rotate partners during each class.

1/28-3/25 M 7 - 9 p.m.

Renner

TMCC Red Mountain Lobby \$79

Zumba

Ditch the workout and have some fun. Zumba® is an exhilarating, easy-to-follow, calorie-burning dance fitness party. Zumba incorporates Latin and international dance rhythms for a fun cardio fitness activity that helps you shed pounds and have a blast at the same time.

1/16-3/6 W 6 - 7 p.m.

3/20-5/15 W 6 - 7 p.m.

Buzzzone

Shaw Middle School \$69

Or pick your own Zumba class dates! Choose from Mondays at 5:30 and Thursdays at 6:30. Eight classes cost \$69. For details on the open-ended Zumba class, visit www.washoecommunityed.org and click on Register Now or call 775-829-9010.

Hip Hop

Get in shape with this high energy style cardio workout, combining club and jazz dance. Listen to popular music while you learn the latest dance moves and tone your body.

1/15-3/5 T 7:30 - 8:30 p.m.

3/12-4/30 T 7:30 - 8:30 p.m.

Carabio

ACHIEVE Fitness \$69

Why take dance?

Dance builds confidence because it requires a coordinated movement of the body that engages the mind and challenges the person's ability to express themselves in a manner that draws judgment from others, according to Examiner.com.

Line Dancing **[HOT!]**

Kick up your heels and dance to country music. Learn basic steps that when adapted can be used to dance to just about any kind of music. Perfect fun for singles and couples. This beginners class will teach the 10-step, Go Go Stomp, Cupid Shuffle, Slappin Leather, Waltz Across Texas, Cowgirl Twist and Power Jam.

1/28-3/18 M 7 - 9 p.m.

Wilson

Sparks Middle School \$59

Line Dancing II

Become familiar with more intricate and challenging routines. Increase your variety of dances and learn 48 and 54 count patterns that are popular at local dance clubs. Have fun in this comfortable private classroom setting and learn MIB, Sweet Sensations, Toes, Chill Factor, She Bangs, Boot Scoot Boogie and Big Green Tractor.

3/25-5/13 M 7 - 9 p.m.

Wilson

Sparks Middle School \$59

Latin Dancing

Discover how easy it is to perform your favorite Latin dances in a social setting. Learn moves to dances from Take the Lead, Dancing with the Stars, and Dirty Dancing: Havana Nights as you master the basics to the cha-cha, Rumba, Salsa, Merengue and more.

1/17-2/28 TH 7:30 - 8:45 p.m.

Suhr

Let's Dance Studio \$69

Latin Dancing II

Increase your knowledge of the spicy dance moves that you want to continue mastering. Develop vital dancing techniques including how to give a proper lead for female dancers while heightening your agility and rhythm. Dances covered in this class will include the cha-cha, Rumba, Merengue and Salsa.

3/7-4/18 TH 7:30 - 8:45 p.m.

Suhr

Let's Dance Studio \$69

Argentine Tango

Learn the beloved dance of Buenos Aires in its authentic form. Practice lead and follow techniques from the founder of Reno Tango Society. Find out about the dance history and terminology.

1/14-2/25 M 7:30 - 8:45 p.m.
Suhr
Let's Dance Studio \$69

"Beth was a wonderful instructor. She made learning basic tango steps easy for entry level students. She also had a wonderful atmosphere that encouraged me to enjoy myself." —tango student

Argentine Tango II

Increase your dance skill level in technique, style and complexity. Learn signature steps such as molinetes, also known as grapevines; ganchos a.k.a. hooks of the legs; and giros a.k.a. dance turns and practice them to different types of music.

3/4-4/15 M 7:30 - 8:45 p.m.
Suhr
Let's Dance Studio \$69

Belly Dancing I [HOT!]

Experience the beat of the Middle East. As a beginner, learn how to isolate and control muscles for performing the steps and movements. Enjoy this relaxing way to exercise. Note: There will be a free trial class on 2/1.

2/8-5/3 F 5:30 - 6:45 p.m.
Carver
TMCC Red Mountain 240 \$79

Belly Dancing II

Further develop your dance technique through music interpretation, improvisation and choreography while you delve into the world of costuming.

2/1-4/26 F 6:45 - 8:15 p.m.
Carver
TMCC Red Mountain 240 \$79

Try out Belly Dancing for Free on Feb. 1!

See if belly dancing is for you!

Register for the Belly Dance Free Trial class that will be held on Friday, Feb. 1 from 5:30 to 6:45 p.m. at TMCC's Red Mountain Building.

Visit
www.washoecommunityed.org
and click on **Register Now!** or call 829-9010.



Belly Dancing III

Welcome to the home of Hipswitch. If you are an advanced student, take your dancing to the next level. Further develop your choreographic and performance skills as you perfect your belly dancing technique. Performance opportunities are available for those who are eligible.

2/1-4/26 F 6:45 - 8:15 p.m.
Carver
TMCC Red Mountain 240 \$79

Fitness and Sports

Sports

Golf for Beginners

Tap into your desire to become a better sportsperson by learning the basics of golf. Gain tips on how to swing and the rules and etiquette of the game from a professional with more than 40 years of experience in the industry. Learn to putt and chip and to play with both iron and wood clubs. At the end of this course you should be able to play at least a par three course. \$35 materials fee

3/21-4/25 TH 6:15 - 7:15 p.m.
Krivanek
Grand Sierra Resort Driving Range \$99

Volleyball [HOT!]

Boost your enjoyment of this lively and social sport by learning passing, setting and serving in both drills and game settings.

1/29-3/12 T 6 - 8:15 p.m.
3/26-5/7 T 6 - 8:15 p.m.
Spino
Sparks Middle School \$79

Yoga

Why take yoga?

Yoga can reduce high blood pressure, high cholesterol and may even cut the number of atrial fibrillation episodes, according to the American College of Cardiology.

Gentle, Restorative Yoga [HOT!]

Relax and learn to listen to your body through practicing gentle, restorative yoga in a slow and supportive environment. Follow Anusara's basic Universal Principles of Alignment and focus on slow movement, stretching and strengthening postures as well as meditation. Modifications will be offered for all poses. No prior yoga experience is required.

1/15-2/19 T 4:45 - 5:45 p.m.
2/26-4/2 T 4:45 - 5:45 p.m.
4/16-5/21 T 4:45 - 5:45 p.m.
MacLellan
Swope Middle School \$79

"I'd never done yoga but due to this instructor's kind, gentle, positive encouragement I'm hooked forever!" —Tammy C., yoga student

Vinyasa Flow Yoga

If you have some yoga experience, explore the relationship between breath and movement, awareness and alignment in a non-competitive environment. Gain an understanding of the Universal Principles of Alignment as you move through a sequence of poses, standing postures and calming seated postures. End each session with a final relaxation pose and meditation. Find more balance and flexibility in your body, mind and life.

| | | |
|---------------------|---|------------|
| 1/15-2/19 | T | 6 - 7 p.m. |
| 2/26-4/2 | T | 6 - 7 p.m. |
| 4/16-5/21 | T | 6 - 7 p.m. |
| MacLellan | | |
| Swope Middle School | | \$79 |

Cardio

12 Weeks to a New You

Take this challenge and stop fighting yourself about food and exercise. Explore what types of foods and activity you really need for optimal health and energy. Discover the critical aspects of nutrition and exercise. Learn how to incorporate healthy patterns into a wellness lifestyle. You could lose 5 to 20 pounds. Note: Course includes 12 weeks of Wednesday night classes plus two workouts per week on days and times of your choice. Challenge winner gets three months of full membership at ACHIEVE Fitness.

| | | |
|-----------------|---|---------------|
| 1/23-4/10 | W | 7 - 8:30 p.m. |
| Carabio | | |
| ACHIEVE Fitness | | \$250 |

Spinning **HOT!**

Enjoy this excellent, non impact training that carries a low risk of injury and is one of the best cardiovascular exercises you can do no matter your age or fitness level. Ride a specially designed stationary cycle to music under the leadership of an experienced, certified instructor. Enjoy training at your own level and intensity.

| | | |
|-----------------|-----|------------------|
| 1/23-3/18 | M,W | 5:30 - 6:30 p.m. |
| 3/20-5/13 | M,W | 5:30 - 6:30 p.m. |
| Carabio | | |
| ACHIEVE Fitness | | \$94 |

Spin For Weight Loss **HOT!**

Get in the spin of things with one of the safest and most effective cardiovascular programs for losing weight. In this eight-week program, learn how to use a heart monitor, track your nutritional intake and achieve fitness and weight goals.

| | | |
|-----------|------|------------------|
| 1/19-3/14 | S | 8:30 - 9:30 a.m. |
| | T,TH | 6:30 - 7:30 p.m. |
| 3/16-5/9 | S | 8:30 - 9:30 a.m. |
| | T,TH | 6:30 - 7:30 p.m. |

| | | |
|-----------------|--|-------|
| Carabio | | |
| ACHIEVE Fitness | | \$124 |

Why exercise?

The Mayo Clinic says regular exercise can increase self-confidence and lower the symptoms associated with mild depression and anxiety. Exercise also can improve your sleep, which is often disrupted by stress, depression and anxiety. The end result can be a calming sense of command over your body and life.

willPower & grace

Treat yourself to a full body workout that is physical and philosophical. Experience this unique blend of cardio sculpt benefits, boot camp intensity, the self awareness of yoga, the discipline of Pilates and the serenity of a meditation session. Strengthen your feet while correcting imbalances in your ankles, knees and hips.

| | | |
|-----------------|---|------------------|
| 1/14-2/18 | M | 6:30 - 7:30 p.m. |
| 2/25-4/1 | M | 6:30 - 7:30 p.m. |
| 4/8-5/13 | M | 6:30 - 7:30 p.m. |
| Carabio | | |
| ACHIEVE Fitness | | \$69 |

Kickboxing

Use the bags for a sweat dripping workout that can burn more than 600 calories per hour! Master authentic kickboxing moves, drills and combinations that deliver a total body workout. Improve your cardiovascular function and agility by working the bag like a real pro.

| | | |
|-----------------|---|------------------|
| 1/15-3/5 | T | 6:30 - 7:30 p.m. |
| 3/12-4/30 | T | 6:30 - 7:30 p.m. |
| Carabio | | |
| ACHIEVE Fitness | | \$69 |

Martial Arts

Karate Self Defense

Learn simple, yet effective self defense techniques in this Shorin-Ryu Karate class. Improve your self awareness and self confidence and learn how to avoid possible assault situations.

| | | |
|-----------------------|---|----------------|
| 2/9 | S | 9 - 10:30 a.m. |
| 4/20 | S | 9 - 10:30 a.m. |
| Sedberry | | |
| TMCC Meadowood Center | | \$29 |

Women's Self Defense

Practice mental tactics and physical techniques to defend yourself against an attack. Learn how to avoid, escape and survive an attack. The techniques presented are practical, effective and don't require physical strength. The knowledge gained will enable you to take control of a situation and maximize your chances of safety. Wear comfortable, loose fitting clothing.

| | | |
|--------------|---|---------------|
| 3/6-4/3 | W | 6:30 - 8 p.m. |
| Collins | | |
| Wooster High | | \$69 |

Shaolin Kung Fu

Increase your strength, flexibility, coordination and balance while practicing natural body movements to develop speed and power. Learn basic strikes, kicks, stances and the principles of these movements. Expand your mind, body and spirit while learning about Chinese culture and traditions within the Shaolin temple.

| | | |
|----------------------------|---|------------|
| 2/6-4/24 | W | 7 - 8 p.m. |
| Lindeman | | |
| TMCC Meadowood Center S308 | | \$89 |

Shaolin Qi Gong

Gain strength, improve health, reduce stress and add years to your life by learning meditation based on the synchronicity of simple body movements. Use slow graceful movements and controlled breathing techniques to promote circulation, energy and mental focus. Increase strength and stamina, build confidence and self-control. Explore Chinese culture and traditions within the Shaolin temple.

3/25-5/13 M 7-8 p.m.

Lindeman

TMCC Meadowood Center S308 \$69

Philippine Stick

Fighting—Modern Arms **NEW!**

Explore this complete system of armed and unarmed self-defense techniques. Learn how to use sticks, double sticks, canes, rolled up newspapers, knives or empty hands. Unarmed techniques encompass striking, trapping, locking, throwing and disarming.

2/6-27 W 6:30-8 p.m.

Collins

Wooster High \$69

Tai Chi **HOT!**

Gain more harmony and equilibrium in your life by integrating the mind and body elements of this ancient balanced, healing Chinese art.

1/15-2/28 T, TH 6:30-7:30 p.m.

3/5-4/18 T, TH 6:30-7:30 p.m.

Sigler

TMCC Meadowood Center S308 \$79

Why take tai chi?

UCLA found that adults who practiced tai chi had increased immunities to the diseases they were studying.

Tai Chi Intermediate

Further explore tai chi by working on the Yang style long form second and third sets as well as standing qi gong and moving meditation.

1/15-2/28 T, TH 5:15-6:15 p.m.

3/5-4/18 T, TH 5:15-6:15 p.m.

Sigler

TMCC Meadowood Center S308 \$79

Strength Training

Weight Training for Weight Loss

Dive into this challenging weight training workout designed for maximum muscular strength and endurance gains. Build a leaner physique with bars and dumbbells. Boost metabolism to burn more fat.

1/19-3/14 S 9:30-10:30 a.m.;

T, TH 5:30-6:30 p.m.

3/16-5/9 S 9:30-10:30 a.m.;

T, TH 5:30-6:30 p.m.

Carabio

ACHIEVE Fitness \$124

Kettlebell Fitness

Get in shape, stay in shape and lose weight. Learn the basic gripping technique, swings, cleans and deadlifts. Enjoy the vast benefits that this full body workout gives you: increased strength, endurance and agility while challenging the cardiovascular and muscular systems. Enhance your balance, coordination, energy and restore joint functionality.

2/23-3/23 S 8:30-9:30 am

Thurston

TMCC Meadowood Center S308 \$79

Pilates



*View this video to learn
about Pilates!*



Pilates Using a Reformer **HOT!**

Feel refreshed and alert by applying basic Pilates conditioning principles on the reformer to give you an overall fitness workout. Through this method, enhance your core strength, flexibility and posture. For class dates, times and to register, go to wdce.tmcc.edu and click on Classroom Courses, then Pilates. Classes, held at the TMCC Meadowood Center S200, are offered weekdays, weeknights and Saturdays. Cost is \$99 for eight sessions.

*"Excellent environment,
excellent teaching, excellent
workout and conditioning."*

— Robin D., Pilates student

Food and Beverage



Cake Decorating

Learn basic decorating techniques and how to use all of the necessary tools. Gain the skills to trim, frost and fill a cake. Create roses and other beautiful flowers using royal icing. Use your new skills to decorate and write on a birthday cake. Supplies required.

2/25-3/18 M 6:30 - 8:30 p.m.
Thez
TMCC Meadowood Center S103 \$49

Cake Decorating II

Create memorable cakes for any occasion. Bring out your creative side by making striped flowers and borders, and even more challenging flowers. Learn breathtaking basket weaving, rope and braid borders and delicate embroidery, lace and string work. Discover how easy it is to make professional looking cakes that your family and friends will go crazy over. Supplies required.

3/25-4/15 M 6:30 - 8:30 p.m.
Thez
TMCC Meadowood Center S103 \$49

Cake Decorating III

Take your cake decorating technique up a notch while learning to cover cakes in fondant and create stunning accent flowers. Understand the architecture and construction of tiered cakes, then use your new skills to assemble a wedding cake. Take all three levels and earn a certificate of completion. Supplies required.

4/22-5/13 M 6:30 - 8:30 p.m.
Thez
TMCC Meadowood Center S103 \$49

Ayurvedic Cooking

Entice your senses while learning how food affects the body. Mix spices and veggies together to optimize the nutritional and healing benefits from your food. Learn simple steps you can integrate into your daily routine to feel your optimal best. Reap the benefits of thousands of years of Eastern medicine to get the results you want. \$12 materials fee

2/5-3/5 T 6 - 8 p.m.
Zed
McQueen High \$135

Herbal Studies

For TMCC WDCE *Herbal Studies*, see pages E-F.

Home and Garden

Wood I

Shape wood by learning how to work safely with a planer, jointer, table saw, handheld power tools, belt sander and more. Start by cutting boards and benches and then continue with more complex projects suggested by you or the instructor. In addition, learn about finishing techniques such as sanding and staining. \$30 materials fee

1/30-5/8 W 6:30 - 9:30 p.m.
Sutherland
Clayton Middle School \$199

Wood II or III

Design and create your own masterpiece using joinery such as miter, dovetail, dado, rabbit, mortise and tenon. Learn the art of creating face frames, raised panel doors and drawer construction, or take a break and spin a bowl. Explore the use of exotic woods such as cocobolo, purple heart, padauk and zebra wood. From a simple box to the furniture to display it on, this class can help you develop your skills to achieve whatever you desire. \$30 materials fee

1/30-5/8 W 6:30 - 9:30 p.m.
Hayes
Clayton Middle School \$199

Basic Home Repair

Save money and avoid scheduling repairmen by fixing it yourself! Learn from a local construction professional how to do light repairs on drywall, plumbing, electrical and carpentry. \$20 materials fee

2/6-3/13 W 6 - 8 p.m.
Shumway
TMCC/IGT Applied Technology Ctr \$89

Rose Pruning in Northern Nevada

Find out the best time and manner to prune your roses to keep them healthy and promote new growth. Learn the difference between pruning hybrid teas, florabundas, old garden roses, miniatures or climbers.

3/9 S 9 a.m. - 1 p.m.
Shaw
TMCC Meadowood Center 300 \$39

High Desert Gardening Basics **HOT!**

Get better results in your garden by understanding the horticultural conditions of northern Nevada. Learn proper pruning of trees, shrubs, perennials and roses. Discover how to recognize damage from insects, diseases and cultural problems. Enjoy gardening success while minimizing cost and labor.

3/20 W 6 - 9 p.m.
Adams
TMCC Meadowood Center S324 \$39

High Desert Edible Gardening **HOT!**

Grow the fruits, vegetables and herbs you love despite living in a desert climate. Learn the appropriate conditions for the development of your plants and watch your hard work come to life. Organic methods of fertilization, pest control, companion planting and crop rotation will all be discussed in class, as you will be eating the items you learn to grow.

3/27 W 6 - 9 p.m.
Adams
TMCC Meadowood Center S324 \$39

High Desert Plant Selection **[HOT!]**

Modify and enrich your existing gardens to make them more fun and less labor and resource intensive. Better understand high desert plant maintenance. Learn plant selection and culture for xeriscape, permaculture and fire-safe gardening. Be able to select and plant edible and ornamental trees, shrubs, perennials, annuals, ground covers and lawns.

4/3 W 6-9 p.m.
Adams
TMCC Meadowood Center S324 \$39

"The instructor teaches in such a way that you realize later how much you've learned!" – High Desert Plant Selection student

Floral Arranging for Fun

Create flower arrangements that smell wonderful and decorate any room beautifully. Learn more about the specifics of floral design including the types of flowers used in bouquets, how to design flowers artistically and the steps necessary to make a flawless arrangement. Get a hands-on demonstration from an expert and an opportunity to use professional tools that will enhance your arrangements. Classes that fall near a holiday will explore ways to make holiday themed pieces that are great to use as gifts or to decorate your home or office. Take home your colorful creation after each class. Every class makes unique designs, so repeat students are welcome!

4/4-4/11 TH 5-6:30 p.m.
Henderson
Sparks Florist Design Center \$49

Languages

For work-related language courses, see page G.



Practical French

Whether you're traveling abroad or just want to sound well traveled, you'll enjoy learning this elegant language. Receive tips on correct pronunciation from the real thing, an instructor who hails from France.

1/17-3/21 TH 6-8:30 p.m.
Seelye
TMCC Meadowood Center S324 \$149

Practical French II

Practice your reading and speaking skills as you further your understanding of French. Delve deeper into grammar, vocabulary and pronunciation while also discussing France, its culture, places to visit and current events.

1/17-3/21 TH 3-5:30 p.m.
Seelye
TMCC Meadowood Center S324 \$149

"It's a wonderful way to practice French." – French II student

French for Travelers

Turn your French vacation into the trip of a lifetime by learning fundamental travel expressions. Better navigate the country and its customs by delving into airport and metro system vocabulary, greetings, tipping, shopping, sightseeing and safety tips. \$3 materials fee

2/25-4/1 M 6:30-7:30 p.m.
Manca
Reno High School N1 \$79

Mandarin Chinese

Learn basic conversational skills for the most widely spoken language of China. Practice the most commonly used greetings, phrases and questions used in everyday conversation while gaining an understanding of Chinese culture through its traditions, history and geography. The class is taught by an instructor from China who is fluent in both English and Mandarin Chinese.

1/29-4/2 T 5:30-7 p.m.
Nelson
McQueen High School 120 \$149

Conversational Spanish **[HOT!]**

If you once took Spanish, strengthen your conversational skills. Have fun learning phrases in a safe environment. No grammar is presented in this course.

2/7-4/11 TH 5:30-7 p.m.
Sefchick
TMCC Meadowood Center S320 \$149

Beginning Spanish for Fun and Travel

Boost the enjoyment when you vacation to a Spanish-speaking country by learning basic conversation. Practice basic grammar and vocabulary in a fun, relaxed environment.

4/16-5/7 T 6:30-8 p.m.
Andrini
Wooster High School \$59

American Sign Language

Open up new worlds by learning to communicate with the deaf. Practice basics including introductions, food, ABCs, storytelling and more. Learn in a fun environment that incorporates instruction with games. \$5 materials fee

2/5-3/19 T 6-7:30 p.m.
McPartland
TMCC Meadowood Center S315 \$125

Italian for Travelers

Enrich your Italian vacation experience by learning common expressions of courtesy along with travel vocabulary. Become familiar with greetings, hotel lingo, currency and banking practices, shopping, sightseeing and safety tips. \$3 materials fee

2/20-3/27 W 6:30-7:30 p.m.
Manca
Reno High School N1 \$79

Learn a new language at your own pace with Rosetta Stone®

Enjoy maximum learning flexibility with Rosetta Stone®. Pace yourself with these online courses available 24/7 and immerse yourself in a world of rich, visual imagery to help you think in a new language.

Community Education has partnered with Rosetta Stone® to offer these online classes:

- | | |
|------------------------------------|-----------|
| •Hindi | •Arabic |
| •Persian (Farsi) | •Polish |
| •Swedish | •French |
| •Latin | •Chinese |
| •Tagalog | •German |
| •Vietnamese | •Japanese |
| •English (U.S. and U.K.) | •Italian |
| •Greek | •Hebrew |
| •Spanish (Latin America and Spain) | •Russian |
| •Portuguese | •Irish |
| •Turkish | •Korean |
| | •Dutch |

Rosetta Stone's Dynamic Immersion® method ensures a direct connection between words and their meanings. Become proficient in listening, comprehension, speaking, reading and writing.

You can take up to six months to complete a course, which costs \$150. You will need a computer with Internet access, a headset with microphone for voice recognition and a USB connector to take these courses.

For full details, visit <http://wcsd.rosstattastoneclassroom.com>. Click on first time user to take the product tour. To register, visit www.washoecommunityed.org or call 829-9010.

Money and Investing

Retirement Planning Today **HOT!**

Devise a strategy to get ahead. Assess your financial situation and develop a personalized plan to achieve your retirement goals. Explore the many ways you can save for retirement as well as the disadvantages and advantages of each method. Gain advice on how to save money on taxes, manage investment risks and protect your assets from potential long term health care expenses.

| | | |
|--------------------------------|---|------------------|
| 1/26-2/2 | S | 9 a.m. - 12 p.m. |
| 1/29-2/5 | T | 6 - 9 p.m. |
| Costelloe | | |
| Nell J. Redfield Building A214 | | \$69 |

Building Your Financial Portfolio on \$25 a Month or Less

Gain insight on how to invest in historically proven secure investments that can grow even during a recession. Improve your finances by understanding what is happening in our economy and stock market. Learn from successful investors who have implemented their practical strategy since the 1980s. Find out what your broker won't tell you, how to bypass your broker, what the current economy means to your wallet and what your options are. \$15 materials fee

| | | |
|-------------------------|---|------------|
| 3/8 | F | 6 - 9 p.m. |
| Christensen | | |
| Swope Middle School E-2 | | \$49 |

"Anyone in need of financial security or limited money investment should take this class." – financial portfolio student

Stocks and Bonds

Make better informed investment decisions. Learn how to manage your own assets by understanding stocks, bonds, mutual funds, options and their roles in the market.

| | | |
|----------------------------|---|---------------|
| 2/6-3/13 | W | 6:30 - 9 p.m. |
| Gant | | |
| TMCC Meadowood Center S324 | | \$99 |

NEW!

8 Mistakes to Avoid in Pursuing Your Financial Goals

An ounce of prevention is worth a pound of cure. Discover how to sidestep the eight most common financial mistakes including 1. Assuming your workplace benefits make your future secure; 2. Not having an insurance strategy; 3. Relying on financial advice for the masses; and 4. Worrying about things you can't control. Learn how not to leave your financial future to chance.

| | | |
|----------------------------|---|------------|
| 1/28 | M | 6 - 9 p.m. |
| Silverio | | |
| TMCC Meadowood Center S315 | | \$39 |

NEW!

10 Ways to Establish Credit and Get Funding for Your Business

Strengthen the potential of your business by building a credit profile, qualifying for business credit and locating financing sources. Learn about business marketing from a CEO and certified FICO credit expert whose specialty is helping business owners establish strong credit scores and leverage those scores to access cash and credit.

| | | |
|----------------------------|---|------------------|
| 2/23 | S | 9 a.m. - 12 p.m. |
| Yee | | |
| TMCC Meadowood Center S315 | | \$39 |

Music

Voice **HOT!**

Feel comfortable and confident singing whether it's with your radio or in public. Find out how to sing vowels and breathe properly along with how to use warmup exercises, phrasing techniques and musical stage presence.

| | | |
|---------------|---|------------|
| 1/28-5/13 | M | 7 - 9 p.m. |
| Lee | | |
| Reed High 508 | | \$145 |

Piano I **HOT!**

Bring music into your home. Join us in the TMCC piano lab to learn all the basics of piano playing including reading music. Be prepared to practice your newly acquired skills at home. \$15 lab fee

1/31-5/2 TH 7-9 p.m.
Smith
TMCC Red Mountain 242 \$99

Why take a music class?

A research team at Penn State University found that people who listen to music—regardless of the type—were more optimistic, joyful, friendly, relaxed, and calm.

Jazz Ensemble

Join our traditional 18-piece big band which plays everything from standard dance band music to more contemporary literature. Hone your reading and improv chops as you develop new musical skills. Must be able to read at an advanced high school level. You must audition for this class if you are not already a member.

1/31-5/16 TH 7-9:30 p.m.
Molt
TMCC Vista B206 \$60

Blues Guitar for Beginners

Develop an understanding of general guitar, blues rhythm and lead techniques. Blues is the foundation for most modern American music including jazz, rock and rhythm and blues, and it is surprisingly fun and easy to play. Learn basic blues rhythm by the end of the first class. \$5 materials fee

2/13-4/3 W 6-8:30 p.m.
Goodrich
Reed High \$99

Guitar I **HOT!**

Learn the beginner fundamentals of contemporary rhythm guitar. Develop skills in proper handling, coordination, timing, open position chords, basic strum patterns and songbook use. Song playing includes folk, blues, rock, R&B, country and classical styles. \$7 materials fee

2/6-5/15 W 7:30-9 p.m.
Westmoreland
TMCC Meadowood Center S320 \$99

"This class far exceeded my expectations, primarily to the credit of Brett Westmoreland who is an amazing teacher and guitar player. I took the class only to dabble a bit, but Brett's unique style, love of music, and zeal for teaching has me hooked, so I'm on to Guitar II! I would highly recommend this class."

—Mary Jo S., guitar student

Guitar II

Transform your guitar playing by learning intermediate contemporary rhythm and lead guitar fundamentals. You'll learn about proper handling, coordination, timing, various chords, strumming and arpeggiating, chart navigation, improvisation and more. Practice playing a wide range of music including folk, blues, rock, rhythm and blues, country, classical and jazz styles. \$7 materials fee

2/6-5/15 W 6-7:30 p.m.
Westmoreland
TMCC Meadowood Center S320 \$99

Guitar III

Progress to the next level of guitar playing by practicing proper handling, using a tuner, tuning by ear and using a metronome. Work on open chords, power chords, barre chords, rhythms, arpeggios, written form, bass runs and chord embellishments. In addition, learn about finger style guitar, primary scales, advanced chord forms, harmonic theory, note reading fundamentals, songwriting and arrangement. Practice playing popular songs you couldn't play before. \$5 materials fee

2/5-5/14 T 7:30-9 p.m.
Westmoreland
TMCC Meadowood Center S320 \$99

Outdoors**Snowshoeing**

Experience the majesty of the Sierra on snowshoes. Classroom session focuses on conditioning, equipment, winter travel and safety. The field trips will take you into the beautiful winter backcountry. You must attend the classroom session in order to go on the fieldtrips.

1/26 S 3-4 p.m.
2/9-23 S 8 a.m. - 1 p.m.
Carabio
ACHIEVE Fitness \$99

Bald Eagle Expedition

Experience the largest wintering bald eagle population in the continental United States, in the Lower Klamath Basin of northeastern California. We'll find these regal creatures all around us, perched on fences, ice lakes and in trees, along with potentially thousands of tundra swans, snow geese and other wintering waterfowl.

Lecture: 1/24 TH 6:30-8 p.m.
Field Trip: 2/1-2/3 F-SU All Weekend
Gubanich
TMCC Meadowood Center S320 \$89

Birds and Wildlife of Bodega Bay

April is the height of the migration season. Explore two of the best spots for migrating shorebirds, waterfowl and breeding land birds in northern California. Friday and Saturday we'll be in Bodega Bay, then we'll move to Pt. Reyes on Sunday morning.

Lecture: 4/18

TH 6:30 - 8 p.m.

Field Trip: 4/26-4/28

F-SU All Weekend

Gubanich

TMCC Meadowood Center S320 \$89

"I would recommend this course for the beauty and diversity at Bodega Bay and Point Reyes, but Dr. Gubanich was a great trip leader and it would not have been the same without him."

—Bodega Bay student

Train to Hike Half Dome

Get conditioned to take on some of the country's most challenging hikes such as Half Dome, Mt. Shasta, Mt. Rainier and Mt. Whitney. Enjoy weekly hikes with progressively challenging trails. To help you reach your peak fitness, you will be given an individualized 12-week training plan designed by a certified personal trainer to be used at the location of your choice. Top off this class with an optional trek up Half Dome in July.

3/9-6/9 S, SU 8 - 10 a.m.

Carabio

ACHIEVE Fitness \$250

Why engage in an outdoor sport?

Studies show outdoor exercise improves one's mood and reduces anxiety, according to WebMD.

Rock Climbing

Scale Sierra rock faces for a greater perspective of our beautiful and unique area. Head to the hills to learn about safety, equipment and emergency techniques. \$20 materials fee. Additional supplies may cost up to \$40.

4/6-4/27 S 9 a.m. - 5 p.m.

Spina

TMCC Meadowood Center S105 \$99

Beginning Fly Fishing

Experience the serenity of fly fishing by learning about casting strokes and techniques, equipment selection, knot tying, flies, landing trout and more. Gain indepth information on fishing local waters. \$35 materials fee

4/27 S 8:30 a.m. - 12:30 p.m.

4/28 SU 8:30 a.m. - 12:30 p.m.

Wharton

Hidden Valley Regional Park \$50

Photography



Digital Camera Basics

Get the best photos out of your camera by learning its features including flash, macro, zoom, menus, modes and scenes and discuss selecting, using and caring for memory cards and batteries. Use Windows Explorer to see your camera's photos, transfer images from your camera to your computer or USB flash drive, and burn CDs to backup photos. Find out how to use a computer slide show and add photos to a Word document. \$5 materials fee.

2/27-3/6 W 6 - 9 p.m.

Gage

TMCC Meadowood Center S115 \$99

4/4-4/18 TH 2:30 - 5:30 p.m.

Gage

Mendive Middle School Library \$99

"Knowledgeable and personable. Extremely patient with participants' varying technology and technology skills. I now feel confident using my camera."

—Digital Camera Basics student

Digital Camera and Your Computer

Learn how to copy your pictures from your camera to your computer or flash drive or burn a CD. Use Windows Explorer to create folders on your computer to keep your photos organized. Learn how to enjoy your photos as a computer slide show and add your photos to a Word document or e-mail them to friends and family.

3/30 S 8:30 a.m. - 3:30 p.m.

Gage

TMCC Meadowood Center S115 \$99

4/25-5/2 TH 2:30 - 5:30 p.m.

Gage

Mendive Middle School Library \$99

Why take photography?

UC Davis found that those who engage in creative activity are more motivated, inventive and adaptable to change.

Photographing the Quiet Beauty of Winter

Find out how to easily overcome the challenges of winter photography, so you can capture the essence of this photogenic season. Through a lecture and photography field trip, further develop your photography skills through strengthening your composition and use of natural light, color, patterns and textures. This class is open to photographers of all levels. Furnish your own transportation and winter walking gear.

2/2 S 9 a.m. - 6 p.m.

Vollmer

TMCC Meadowood Center S104 \$89

How to Make Money Shooting Microstock Photography **NEW!**

Take your photography hobby to a new, lucrative level by selling your stock images. Shoot whatever you like whenever you want and get paid for it. Learn the steps to becoming a stock photographer from developing ideas to setting up the shoot and capturing, editing and tagging the final images. All you need is a camera and a photo editing program.

2/4-2/11 M 6-9 p.m.
Solovyova-Vincent
TMCC Meadowood Center 300 \$89

Basics of Studio Lighting **NEW!**

Give your photography the look of a professional through the use of studio lighting. Learn lighting equipment, metering, white balance, lighting ratios and styles including short, butterfly, loop and Rembrandt lighting. You'll also learn pose your subject, one light and multiple light setups and creative lighting ideas.

4/1-4/8 M 6-9 p.m.
Solovyova-Vincent
TMCC Meadowood Center S315 \$89

Real Estate

For professional real estate classes, please see page J.

HUD Properties for Investors

Learn the basics of real estate investing, the three types of HUD properties and HUD home sale timelines. Become aware of inspection timetables and cancellation limitations. Find out what different financing options are available and how they work whether it is cash, conventional, FHA 203(b) or FHA 203(k). Gain an understanding of real estate language, present value calculation and internal rate of return.

3/4 M 6-9 p.m.
Kraus
TMCC Meadowood Center 300 \$39

HUD Properties for First Time Home Buyers

Learn the benefits of purchasing a HUD home and how to successfully navigate the system. Understand what a HUD property is and the basics of purchasing and financing your purchase. Find out how the bidding process works, what the timelines are and how to complete the sales contract package. Locate HUD properties, approved brokers, and be aware of the idiosyncrasies of the HUD system.

2/25 M 6-9 p.m.
Kraus
TMCC Meadowood Center 300 \$39

"This would be helpful for all those looking to invest in real estate." —Monte P., HUD student

Special Interest

Death and Dying

Few of us would ever travel to a faraway land without learning something about what our journey there will be like. Death is that far away land, and this class is like a travel manual that points out the familiar landmarks that are part of the journey. Learn what death can teach us about living. As you learn about the dying process, you'll find that your fear of death will decrease as your knowledge increases. Learn about the psychospiritual aspects of dying, different dying experiences, grief and bereavement. Find out about options to preserve dignity, choice and autonomy and the issues between the dying and the caregivers. This class has been approved for 6 CEUs for all Nevada and California social workers and marriage and family therapists.

1/25 F 9 a.m. - 4:30 p.m.
Childs, Ph.D.
TMCC Meadowood Center S315 \$99

How to Teach a Class for Community Education

Share your knowledge and expertise with others by exploring teaching possibilities for adult classes and children's summer camps with WCSD Community Education. Understand what you need to know to prepare lessons, write course descriptions, materials, class fees and more. Discuss your ideas and get personal feedback.

3/6 W 6:30 - 8:30 p.m.
Melahn
TMCC Meadowood Center Free

"Good opportunity to earn money and teach something you like doing." —Sally M., How to Teach a Class for Community Ed student

Plan a Dynamite Wedding (or Event) on a Firecracker Budget

You can have a fantastic wedding or other special event if you have willing friends and family, flexibility and time. Bring your ideas to class and hear practical advice from a professional event planner who has worked within tight budgets.

2/2 S 2-4 p.m.
Schumacher
TMCC Meadowood Center \$29

Make Great Movies

You can become your own Steven Spielberg or Martin Scorsese. The excitement and satisfaction of moviemaking go beyond merely pointing your camera and posting the results on YouTube. Learn how to tell compelling stories, capture memorable images and make great soundtracks with legally acquired music. Then shoot, edit and show your own short movie. \$5 materials fee

2/12-2/19 T 6-8 p.m.
Adams
TMCC Meadowood Center S324 \$39

Stand Up Comedy

If you have always wanted to be a comic, but weren't sure where to get the exposure, look no further. Gain confidence in your public speaking abilities and learn to write jokes that will get the laughs you want. Learn to turn your life's ups and downs into joke materials, structure your performance and enhance your timing.

4/2-5/7 T 6-9 p.m.
Damon
TMCC Meadowood Center S324 \$149

Writing

For details on the TMCC Writers' Conference, please see page J.



Creative Writing **[HOT!]**

Explore the diverse world of creative writing. Practice journal writing and collage, poetry and essay writing in an accepting and supportive environment. By the end of class, you will have a portfolio with writing samples and resources to help you in future writing endeavors.

2/25-4/15 M 6:30 - 8 p.m.
Wohlford
TMCC Meadowood Center S320 \$119

"I needed inspiration. This class got me going."

— writing student

Writing, Publishing and Marketing Your First Book (or Seventh) **[HOT!]**

Learn a 10-step plan to develop and complete your manuscript in just six weeks from an author of 10 books, some of which have won awards and are bestsellers. Create a page turner, whether you are writing fiction, nonfiction, a cookbook or textbook. Discover how to submit your work to a publisher, how to self-publish and how each decision affects your time, money and percentage of profits you keep. Become familiar with forms, contracts, samples, PODs and ebooks. Focus on the six step marketing plan which includes how to make a profit before your book is printed, setting up book signings, presenting seminars and writing news releases. \$15 materials fee

3/9 S 10 a.m. - 4:30 p.m.
Christensen
TMCC Meadowood Center \$79

Silver College

Why take Silver College courses?

The National Center for Creative Aging has shown that partaking in social and recreational activities later in life decreased morbidity and mortality as much as physical exercise.

Art for Seniors

Silver Watercolor

Discover your hidden talent while exploring magical watercolor techniques. Learn about color and composition principles, wet-on-wet, shapes, dimensions, gradation, soft and sharp edges, liftings, reflections and shadows. Experience a sense of accomplishment each week as you finish painting landscapes, winterscapes, seascapes or flowers. Supplies required.

3/6-4/24 W 10 a.m. - 12 p.m.
Mainer
TMCC Meadowood Center S103 \$79

Beginning Crochet

Discover this practical, relaxing craft. Learn how to read basic patterns and common finishing techniques. Learn the chain stitch as well as single and double crochet. Be able to differentiate between stitch and space, and learn how to hold your needle. You'll complete several projects by the time you've finished this class. Enjoy one-on-one attention. Supplies required.

3/29-4/19 F 1:30 - 3:30 p.m.
Foote
TMCC Meadowood Center S300 \$49

Intermediate Crochet

Continuation of beginners class. Learn single crochet, double crochet, half double crochet, treble crochet, front and back post stitch and changing colors midstitch. Use creativity to switch up colors for a different feel or season while learning to make a granny square pillow and v-stitch blanket. Enjoy one-on-one attention. Supplies required.

4/26-5/17 F 1:30 - 3:30 p.m.
Foote
TMCC Meadowood Center S300 \$49

Quilting: Teapots Foundation Paper Piecing

If you can stitch together fabric and cut paper, you can make a beautiful paper piecing quilt. Learn to sew pieces in order on a foundation and stitch along a line on the paper pattern. When your block is complete, tear away the paper and watch your quilt take shape. Supplies required.

2/4-2/25 M 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S103 \$59

Friendship Braid

Create a beautiful quilt in a short time using a form of patchwork that makes the fabric look braided. You'll work from a jelly roll of precut blended fabrics and combine the strips into a decorative braid design. Supplies required.

3/11-4/1 M 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S103 \$59

Quilt with Panels

Create your own masterpiece using fabric panels of various styles and themes. Start with a large center design, surround it with smaller designs and complementary colors, then complete your work with accents borders and corner blocks. Use those beautiful fabrics you've been hiding away. Supplies required.

4/8-4/29 M 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S103 \$59

Piano I for Beginners **[HOT!]**

You may have never played before or you might want to pick up where you left off. Come develop your musical creativity, build piano skills and enjoy learning all the basics of piano playing including reading music.

1/24-3/7 TH 10 - 11 a.m.
Smith
Steinway Piano Gallery \$69

Piano II for Beginners

Continuation of Piano I reviews all major keys and accompaniment styles to further your playing enjoyment. Upon finishing this class, your skills will have progressed to an intermediate level.

3/14-4/25 TH 10 - 11 a.m.
Smith
Steinway Piano Gallery \$69

"Dei is willing to go the extra mile with students' individual needs." -Lois B., Piano II student

Piano III Intermediate

Fill your home with music. If you are comfortable playing or have completed Piano II for Beginners, build on concepts and lessons previously learned. Increase your confidence playing minor scales, chords and understanding accompaniment patterns, sight reading and playing by ear.

1/24-3/7 TH 11 a.m. - 12 p.m.
Smith
Steinway Piano Gallery \$69

Piano IV Intermediate

Fulfill your desire to play your dream pieces. Continue to build your skills in theory, accompaniment patterns, improvisation and ensemble playing at its best.

3/14-4/25 TH 11 a.m. - 12 p.m.
Smith
Steinway Piano Gallery \$69

Photography for Seniors

Digital Camera Basics **[HOT!]**

Have fun with your digital camera by taking great pictures indoors or outdoors – portraits, birthday parties, scenery and more. Take photos you like while learning the camera's features including flash, macro, zoom, self-timer and menus. Find out how to select, use and care for memory cards and batteries.

1/28-2/25 M 9 a.m. - 12 p.m.
Gage
TMCC Meadowood Center S115 \$59

"She made me feel so comfortable, even though I knew nothing! She's an excellent teacher!" -Phyllis C.,
Digital Camera Basics student

Digital Camera Intermediate

Discover how to take all kinds of pictures. Get the results you want by managing the aperture, shutter speed and exposure values, using bracketing and controlling the colors in your shots with the white balance. Experiment with depth-of-field and other focus techniques.

4/8-4/29 M 9 a.m. - 12 p.m.
Gage
TMCC Meadowood Center S115 \$59

Digital Camera and Your Computer

Learn how to copy your pictures from your camera to your computer or flash drive and burn a CD. Use Windows Explorer to create folders on your computer to keep your photos organized. Learn how to enjoy your photos as a computer slide show and add your photos to a Word document or e-mail them to friends and family.

3/4-4/1 M 9 a.m. - 12 p.m.
Gage
TMCC Meadowood Center S115 \$59

Photoshop Elements Basics

Release the images held captive inside your camera and jazz them up to create eye-popping photos. Explore this software's photo editing features including how to remove red-eyes or wrinkles, touch up scratches or blemishes, change the contrast or brightness of a photo, make it sepia or black and white, and crop out what you don't want in a picture.

1/30-2/27 W 9 a.m. - 12 p.m.
Gage
TMCC Meadowood Center S115 \$59

Photoshop Elements Layers and Effects

Build on your Photoshop Elements class experience by exploring the very powerful layers and effects palettes. Discover how to take yourself out of a photo and insert yourself into another, more exotic one. Try your hand at making a photo look like a pencil drawing or an oil painting. Find that your imagination is limitless.

3/6-4/3 W 9 a.m. - 12 p.m.
Gage
TMCC Meadowood Center S115 \$59

Photoshop Elements Projects

Take your Photoshop Elements skills to the next level by working through fun, hands-on projects. Create a slideshow with your own photos, design a photo collage, construct a panoramic photo, build a 3-D photo and much more. Tackle organizing your photos with Photoshop Elements Organizer.

4/10-5/1 W 9 a.m. - 12 p.m.
Gage
TMCC Meadowood Center S115 \$59

Special Topics for Seniors

Silver Tai Chi **[HOT!]**

Feel great by increasing your energy, range of motion and flexibility through the gentle movements of tai chi. Practice fluid, low-impact exercises that improve your balance, coordination and stamina.

| | | |
|-----------|------|------------|
| 1/15-2/28 | T,TH | 4 - 5 p.m. |
| 3/5-4/18 | T,TH | 4 - 5 p.m. |
| 4/23-6/6 | T,TH | 4 - 5 p.m. |

Jones

TMCC Meadowood Center S308 \$79

Why take tai chi?

"Tai chi reduces the rate of falls and fear of falling, and lowers blood pressure," according to a study published in the Journal of the American Geriatrics Society.

Silver Spanish **[HOT!]**

If you have never taken Spanish or took classes years ago, this class will teach you the basics and have you speaking Spanish in a fun, comfortable environment. Learn conversational elements including salutations, commonly used words and phrases and Spanish customs. No grammar is presented in this course.

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| 2/7-4/11 | TH | 4 - 5 p.m. |
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Sefchick

TMCC Meadowood Center S320 \$59

"Easy skills to help with everyday Spanish." – Silver Spanish student

Technology for Seniors

Computer Basics for Beginners

You have a computer, now learn how to use it in a laid-back environment. Understand the fundamentals of using the mouse, keyboard, desktop and taskbar. A fun and easy way to learn basic skills.

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| 2/1-2/22 | F | 9 - 11 a.m. |
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Chang

TMCC Meadowood Center S115 \$79

Computer Basics II

If you have basic computer skills or have taken Computer Basics I and want to gain more knowledge about your computer, this course is for you. Learn how to create and manage files and folders and modify simple settings. Explore the Internet and e-mail more fully.

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| 3/1-4/26 | F | 9 - 11 a.m. |
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Chang

TMCC Meadowood Center S322 \$79

Make the Most of Your Computer

Save money by keeping your computer running its best. Understand the difference between XP, Vista and Windows 7 operating systems. Increase security and discover why virus protection is important. Know what to look for when buying a computer. In addition, find out the difference between software and hardware along with what different hardware is used to build a computer. Be comfortable backing up your files to a disk, CD, DVD and flash drive.

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| 1/29-2/12 | T, TH | 1 - 3 p.m. |
|-----------|-------|------------|

Lenga

TMCC Meadowood Center S322 \$59

Getting to Know Windows 7

Learn how to navigate and use new features, tools and programs efficiently and confidently. Gain the knowledge needed to perform basic preventative maintenance to keep your PC safe and running smoothly. Find out how to customize the desktop, easily store, locate and search for files and have fun getting to know this program.

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| 3/1-3/15 | F | 9 a.m. - 12 p.m. |
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Lenga

TMCC Meadowood Center S115 \$45

The Fun Side of Windows 7

Easily turn your digital photos and videos into a fun movie slideshow. Learn transitions, motion effects, titles, credits and music. Use Windows Live to fix red-eye, crop, straighten and create a panoramic photo. Simplify your online life with smarter ways to surf, shop and share photos.

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|----------|---|------------------|
| 3/22-4/5 | F | 9 a.m. - 12 p.m. |
|----------|---|------------------|

Lenga

TMCC Meadowood Center S115 \$45

Microsoft Word 2010

Don't let frustration get the best of you. Take control of your word processing. Explore the new ribbon, tabs, groups and commands. Learn tips for making this program easier to use. Learn the basics, move and copy your text, set margins and spruce up your work with different fonts and colors. Be able to check spelling, grammar, save and print your work. Discover how easy it is to use bullets and numbers for lists, and create envelopes and mailing labels.

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|----------|-------|-------------|
| 2/5-2/28 | T, TH | 9 - 11 a.m. |
|----------|-------|-------------|

Lish

TMCC Meadowood Center S115 \$79

Microsoft Excel 2010

Step up your current knowledge to create a home inventory, checkbook register, monthly expense worksheets and more. Become proficient in spreadsheet design and development. Manage large multiple worksheets, calculate with advanced formulas, and filter and sort data.

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| 3/5-3/28 | T, TH | 9 - 11 a.m. |
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Lish

TMCC Meadowood Center S115 \$79

Email 101

Become a great online communicator by learning how to compose, send and respond to emails. Be able to manage your emails, send pictures and other attachments and create e-cards. Sign up for a free e-mail account through Gmail or Yahoo.

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| 1/15-1/24 | T, TH | 9 - 11 a.m. |
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Lish

TMCC Meadowood Center S115 \$59

"It really helped to better understand the process of e-mailing." – Shirley Paul T., e-mail student

Fun with Social Networking

Have fun learning how to use Facebook and Twitter, as well as LinkedIn and other social networking sites, to talk to relatives and friends, reconnect with people, find jobs, network and more. Discover how easy it is to be safe and protect your identity on the Internet.

2/1-2/22 F 12 - 2 p.m.

Chang

TMCC Meadowood Center S322 \$39

Buying and Selling on the Web

Become a successful buyer, seller or window shopper by learning how to safely use eBay, Craigslist and other Internet auction sites. Gain the skills necessary to sort the good from the bad, comparison shop and understand how e-commerce works.

2/1-2/22 F 12 - 2 p.m.

Lenga

TMCC Meadowood Center S115 \$39

Writing for Seniors

Creative Writing

Explore a variety of genres including nonfiction, fiction and poetry and see which ones you'd like to write. Develop your voice and style while stimulating your creativity.

2/4-4/15 M 1 - 3 p.m.

Brown

TMCC Meadowood Center S324 \$99

Life Stories

Ignite your imagination as you recall and appreciate your life stories. Develop your own creative style and expression as you document your story for your family. Learn how to create memorable narratives and improve your writing skills.

2/6-4/10 W 1 - 3 p.m.

Brown

TMCC Meadowood Center S324 \$99

Volunteer and make a difference in a child's education



WCSD seeks volunteers to tutor elementary, middle or high school students; assist in office work; do book drives and more. Find out how you can support our children's education by visiting www.washoe.k12.nv.us/volunteering. Click on opportunities and check out all the many requests for help. We also seek organizations and businesses to volunteer as well.

Call us at 851-5655 or email volserv@washoeschools.net if you have an interested group.

Youth Classes

Beginning Guitar for Kids

If your children are in fifth through eighth grade, have them learn the basics of guitar playing. They'll learn how to tune and care for their instruments, as well as how to do first position, scales, chords and chord structure and basic music theory.

3/4-3/27 M, W 6:30 - 7:30 p.m.

Maes

Sparks Middle School Band Room \$99

Wheatley Taekwon-Do **HOT!**

Girls and boys of all ages can improve their concentration, increase their discipline, build confidence, develop respect, and more through practicing this martial art. Maybe one day these skills will help your child become a leader. The instructor is the president of the International Taekwon-Do Federation in the United States.

Hunsberger Elementary

1/9-2/27 W 2:50 - 4 p.m.

3/6-4/24 W 2:50 - 4 p.m.

Wheatley \$120

Caughlin Ranch Elementary

3/18-5/20 M 3:10 - 4:20 p.m.

Wheatley \$135

Kenpo Karate

All students from kindergarten to twelfth grade are eligible to participate in this monthly martial arts class that starts in January. Have your child learn discipline, while having fun with instructor Sam Brown, who has taught for more than 30 years. Hour-long classes are held twice a week at 13 area schools. If classes aren't at your school, you may attend a nearby school's program. Children ages five through 11 have class from 6:30 to 7:30 p.m. and older students meet from 7:30 to 8:30 p.m. The cost is \$24 a month, plus insurance (\$12 for six months). Look for fliers at your child's school for details.

Vocal Motion

Experience the excitement as your child learns fundamental dance steps and vocal technique. Watch your child's self confidence soar while performing fun, age appropriate song and dance numbers throughout the community. Vocal Motion is dedicated to uncovering and developing your child's natural talents in an upbeat and encouraging environment. \$15 materials fee

Vocal Motion: Boogie Babies (ages 3-5)

1/10-3/14 TH 4:30 - 5:15 p.m.

Wambaugh

Jesse Hall Elementary Music Room \$100

Vocal Motion: Dancing Divas and Dudes (ages 9-12)

1/10-3/14 TH 5:15 - 6:15 p.m.

Wambaugh

Jesse Hall Elementary Music Room \$100

Vocal Motion: Kicking Song and Dance (ages 6-8)

1/10-3/14 TH 3:30 - 4:30 p.m.

Wambaugh

Jesse Hall Elementary Music Room \$100

Kids in the Kitchen

Boys and girls will learn how to create their own meals and snacks. During hands-on classes, they will prepare food from recipes, eat their own creations or take them home to share with their family. In addition, they will learn cooking safety tips and techniques that will help them grow into knowledgeable cooks. Cost is \$32 plus an additional \$25 materials fee to cover all ingredients is due at class. All classes are taught by Kathy Ishoy.

Mendive Middle School

Around the World for Dinner

T 1/15-2/5

(6-9 Year Olds) 4:30 - 6 pm

(Ages 10 and up) 6:30 - 8 pm

Quick Breads

T 2/19-3/12

(6-9 Year Olds) 4:30 - 6 pm

(Ages 10 and up) 6:30 - 8 pm

Pasta and Sauces

T 3/26-4/23

(6-9 Year Olds) 4:30 - 6 pm

(Ages 10 and up) 6:30 - 8 pm

Spring Holiday Dishes

T 4/30-5/21

(6-9 Year Olds) 4:30 - 6 pm

(Ages 10 and up) 6:30 - 8 pm

Damonte Ranch High School

Around the World for Dinner

TH 1/17-2/7

(6-9 Year Olds) 4:30 - 6 pm

(Ages 10 and up) 6:30 - 8 pm

Quick Breads

TH 2/21-3/14

(6-9 Year Olds) 4:30 - 6 pm

(Ages 10 and up) 6:30 - 8 pm

Pasta and Sauces

TH 3/28-4/25

(6-9 Year Olds) 4:30 - 6 pm

(Ages 10 and up) 6:30 - 8 pm

Spring Holiday Dishes

TH 5/2-5/23

(6-9 Year Olds) 4:30 - 6 pm

(Ages 10 and up) 6:30 - 8 pm Ages 10 and older

Spring Break Camps

April 8-12

Give your child an experience that will last a lifetime! Check out all our camps at www.washoecommunityed.org

Spring Break Drawing Camp

In this exciting drawing camp, students will learn how to use color and line in new and inspiring ways. Each day students will draw a series of pictures and then complete them in class using a variety of mediums. All materials provided.

4/8-4/11 M-TH 10 a.m. - 2 p.m.

Green

Clayton Middle School

\$65

Community Education and TMCC Workforce Development and Continuing Education

Class Locations

ACHIEVE Fitness, 600 So. Center Street, Reno,
Bus Rt. 1

Caughlin Ranch Elementary School, 4885 Village
Green Pkwy., Reno

Clayton Middle School, 1295 Wyoming Ave.,
Reno, Bus Rt. 3

Damonte Ranch High School, 10500 Rio Wrangler
Pkwy., Reno, Bus Rt. 57

Dilworth Middle School, 255 E. Prater Way,
Sparks, Bus Rts. 21, 25, 26

Galena High School, 3600 Butch Cassidy Way,
Reno

Grand Sierra Resort, 2500 E. Second Street, Reno,
Bus Rts. 14, 14A

Hidden Valley Regional Park, 4740 Parkway Dr.,
Reno

Hunsberger Elementary School, 2505 Crossbow
Ct., Reno

Jesse Hall Elementary School, 185 Shelby Dr.,
Sparks

Kadam Studios, 47 Glen Carran Cir., Sparks, Rt. 18

Let's Dance Studio, 1151 N. Rock Blvd., Sparks,
Bus Rt. 25

McQueen High School, 6055 Lancer St., Reno,
Rts. 3, 4

Mendive Middle School, 1900 Whitewood Dr.,
Sparks

Mickey's School of Grooming, 4950 Spectrum
Blvd., Reno

Nell J. Redfield Building A, 18600 Wedge Pkwy,
Reno

**Nell J. Redfield Foundation Performing Arts
Center**, 505 Keystone Avenue, Reno, Bus Rt. 3

North Valleys High School, 1470 E. Golden Valley
Rd., Reno

Reed High School, 1350 Baring Blvd., Sparks, Bus
Rt. 22

Reno High School, 395 Booth St., Reno, Bus Rt. 16

Shaw Middle School, 600 Eagle Canyon Dr.,
Sparks

Spanish Springs High School, 1065 Eagle
Canyon Dr., Sparks

Sparks Florist Design Center, 1440 Hymer,
Sparks, Bus Rts. 18, 18X

Sparks High School, 820 15th Street, Sparks, Rt. 11

Sparks Middle School, 2275 18th Street, Sparks,
Bus Rt. 2

Steinway Piano Center, 500 E. Moana Lane,
Reno, Bus Rt. 6

Swope Middle School, 901 Keele Dr., Reno, Bus
Rt. 16

TMCC IGT Applied Technology Center, 475
Edison Way, Reno, Bus Rt. 14

TMCC Meadowood Center, 5270 Neil Rd., Reno,
Bus Rts. 6, 9, 54

TMCC Red Mountain Bldg., 7000 Dandini Blvd.,
Reno, Bus Rts. 15, 10

TMCC Redfield High Tech Center, 18600 Wedge
Pkwy, Reno

TMCC Sierra Bldg, 7000 Dandini Blvd., Reno, Bus
Rts. 15, 10

TMCC Vista Bldg, 7000 Dandini Blvd., Reno, Bus
Rts. 15, 10

TresImage Salon, 9660 S. McCarran, Reno

Wooster High School, 1331 E. Plumb Ln., Reno

Policies and General Information

Office Hours

Both Community Education and
TMCC WDCE are housed at TMCC's
Meadowood Center at 5270 Neil Road
in room 216 (across from the Sears Auto
Center). We are open weekdays from 8
a.m. to 5 p.m.

Age Range for Classes

Adult courses are open to those 18 and
older; some exceptions may be made,
depending on the class, to allow students
16 or 17 years old. Silver College
courses are open to those 60 and older.
Children's courses stipulate the age group
served. Some children's classes require a
parent to attend.

Senior Citizen Tuition Assistance/ Discount

Seniors 65 and older can apply for the
Senior Sunshine Fund established by
Helaine Greenberg. This fund provides
\$20 toward any class priced \$50 or
higher. To apply, call our office at 829-
9010.

Seniors 65 and older may receive a
10 percent discount on Community
Education regular personal enrichment
classes with the exception of Silver
College, conferences/series/events,
online classes and a few select other
classes. Professional/career courses
offered through TMCC WDCE do
not qualify for discounts. To learn if a
course has a senior discount, visit www.washoecommunityed.org, click on
Classroom Courses, then the class you're
interested in. Each class lists available
discounts.

Employer-Paid Tuition

An employer or third party may pay for
any Community Education or TMCC
WDCE class. Please provide a check,
credit card or purchase order from the
third party at the time of registration.
Courses to be paid through check or
purchase order, should be registered in
person at our office. If paying by credit
card, you may register online at www.washoecommunityed.org or by calling
775-829-9010.

Class Completion Certificates

If you would like a certificate to
document CEUs earned or to prove
your successful completion of a course,
you may request a completion certificate
for \$10. Some course fees include a
certificate; check with the instructor. Call
775-829-9010 for details.

Non-Grading

Most TMCC WDCE and Community Education classes do not issue letter grades. Should you need documentation to prove you successfully completed a course, please notify the instructor at the beginning of class.

Refund Policy

Should you need to cancel your registration, you will receive

- A full refund, minus a \$10 cancellation fee, if you cancel at least three working days prior to the class start date;
- A 50 percent refund, minus a \$10 cancellation fee, if you cancel less than three working days out;
- No refund if you are a no-show or cancel after the course has begun.

This policy does not apply to conferences/ events/series or online classes. Please see the policy for those programs. All classes cancelled by TMCC WDCE or Community Education will return 100% of the tuition cost back to each student.

Cancellation Policy

Both Community Education and TMCC WDCE classes are self-supporting, so if a course does not have enough students enrolled in it to cover costs, it will be cancelled and we will refund 100 percent back to you. Beyond providing a timely refund, we cannot assume any liability for expenses incurred by a student due to a cancellation.

Inclement Weather Class Cancellations

For courses held at TMCC, visit www.tmcc.edu or call 673-7000. For classes held at a Washoe County School District facility, check www.washoe.k12.nv.us for details. In the event of district-wide snow closures, all classes held at school district properties will cancel. For courses held at other locations, call us at 775-829-9010.

Accessibility

All classes, services and programs put on by Community Education and TMCC WDCE are readily accessible to and usable by persons with disabilities. We will make reasonable accommodations for the disabled, except for where to do so would: result in undue financial or administrative burden; require fundamental alteration in a program, service or activity; or threaten or destroy the significance of a historic property. Persons with special needs should call us at 829-9010 as far in advance of a class as possible.

Registration Form

Name _____

Street Address _____ City _____ State _____ Zip _____

E-mail Address _____ Birthdate (mm/dd/yy) _____

Daytime Phone _____ Evening Phone _____

1. Class Title _____ Beginning Date _____ Cost \$ _____

2. Class Title _____ Beginning Date _____ Cost \$ _____

Total Amount \$ _____

To pay by credit card, print your card number here: _____

Credit card expiration date: _____ Security Code (back of card): _____

Make your check payable to the "Board of Regents." Mail to TMCC WDCE, 5270 Neil Road S216, Reno, NV 89502.